HOME AND SOCIETY.

THINGS PEOPLE WANT TO KNOW.

It has frequently been said that women do not eat enough substantial food. This is undoubtedly true, yet is this an exclusively feminine failing? The amount of delusive pie consumed at any gentleman's lunch counter, it is said, is always far in excess of beef. Women eat ice-cream, and though ice-cream is not so good as a cup of hot cream and milk, it is far more nourishing than the average greasy pie served at men's luncheons. A clever English writer has gone so far as to say that the general inferiority of woman's work to man's is merely a question of "beef and beer"; but close investigation of the average diet of men and women will not bear out any such conclusion. The average woman may substitute tea for beer, but she loses nothing in diet by this. The young lady who could make a meal off a "lark's wing and a boiled chestnut" has no modern imitator among sensible girls. Women have generally found out that sight-seeing and shopping mean hard work, and that it requires substantial food to keep their strength up. The quantities of beefsteaks ordered at ladies' uptown restaurants all testify to this. Bouillon is also a fashionable luncheons, but it should be remembered that this is simply stimulating, containing little or no nourishment. A glass of hot milk or, better than either, hot cream and milk, is food and drink. Ice-cream is not to be despised. It is both refreshing and nourishing, if of good quality, as it is then composed largely of pure cream. There is no nourishment in sweet pastry or candied sweets of any kind; but women are seldom large pie-eaters. They consume too much candy, however, at odd moments.

It is curious to note the sudden lull in wedding festivities after the 1st of May. "The bridal of May," says the old proverb, "is the bridal of death." Antiquarians trace this superstition back to ancient Rome, where during this month the Lupercalia, or festivals in honor of the dead, were held. As soon as June is ushered in, the marriage bells begin to ring merrily again. This calls to mind the fashion of the wedding ring. The plain band of gold which is now chosen for a wedding ring has been in use for a long time, and there seems to be little chance of there ever being any innovation introduced in this matter. When properly made a wedding ring is rounded on the inside as well as the outside, so that a very heavy ring may be worn without any discomfort, as it will merely touch the finger in one place. The wearing down of the ring with time is also considerably lessened by this means. A custom has been recently introduced, which may be traced back to ancient Italy, of the bride presenting the bridegroom with an iron or steel ring wrought with letters of cabalistic meaning, with inlays of gold and silver and sometimes set with a precious stone cut "en carbochon." The sentence written in Arabic characters, "May God protect the wearer," is frequently seen on these rings. Moonstones, or more often star sapphires, which shield the wearer from evil, are set in these rings; so are weird red and green Alexandrites.

This is the proper time just before house-cleaning to have heaters cleaned, chimneys swept and ranges put in order. This work is very often deferred till the autumn, and the dust and debris which will sometimes collect in the best-kept heater and registers sifts through the house all summer, leaving a thin layer of dust over everything, that is exceedingly disagreeable. It is always best to have a man come to do this work, but it is also necessary to keep some watch over him to see that he does it properly. All the registers of the house should be taken out and the pipes conveying the heat brushed out with long-handled brooms. In all well-regulated families the dusting out of the register is a part of the weekly sweeping, and registers on the floor should be lifted but every sweeping day, and dusted and washed. This prevents dust and rubbish collecting in such a place, as unhappily it will if these precautions are neglected. Where the registers have been regularly cared for there will be no great upheaval of dust at the yearly cleaning, when the pipes are brushed out. All parts of the furnace box and smoke pipes of the heater must also be swept free from soot when it is cleaned. To find out whether this has been properly done strike the smoke-pipe after it is replaced with an iron poker, and if it gives a dull, thudding sound, there is still soot in the pipe; if the pipe is clean, a hollow, ringing sound will follow the blow. Test every joint of the smoke-pipe, as furnace cleaners often do one joint and leave the rest undone. Examine the heater thoroughly to see that it is properly cleaned, and do not allow the man to go away till it is done to your liking.

The chimney connected with a range requires thorough sweeping at least once in five years, with the heater once in eight, to insure a perfect draft. This is done by men with long scrapers and brushes. All vents from the chimney into living rooms should be sealed up during the process, or everything will be covered with the fine, impalpable dust of soot. Chimneys are often in use for dozens of years without cleaning, but they cannot be expected to draw when choked up with an accumulation on their walls.

The inside of a range, including the oven flues, ought to be cleaned by the kitchen maid regularly once a month. Do not employ a man to do this work, as it is something that should not be neglected for five or six months, as it generally is. If done once a month, the soot in the oven flues being raked out into a newspaper held so as to prevent the cloud of dust flying out into the room, there is no hardship in this work. If the stove is kept clean, the ashes regularly taken out with care into a covered ash pail, there will be no trouble in the kitchen with the dust of the stove, which is the source of the dingy look of so many kitchens.

Children have the oddest ideas concerning the meanings of the words they employ constantly, and a small vocabulary with their definitions would doubtless be extremely funny. A little girl had an old colored woman as nurse, whose vernacular, as well as her nursery government, were both somewhat forcible. The child was in the habit of saying her prayers with her mother every evening, always closing with the well-known little hymn beginning

Jesus, tender shepherd, hear us,"

and in which the line occurs

"Thou hast clothed me, warmed me, fed me."

One night, after having said the same verse for several months without comment, the little girl suddenly stopped with "warmed me, means well whipped, doesn't it?" and then went on composedly with the rest of the little verse. It was a curious idea of compassion; the child, however, seemed to think it quite compatible with the rest of the mercies vouchsafed.

Face massage as a means of driving away wrinkles and improving the complexion is exciting general interest. The skin is made supple by this process, and after some treatment wrinkles are lessened, and, if they are not of too long standing, totally disappear. The methods of the face masseuse are simple and can easily be learned. English masseuses make a business of teaching the process to ladies who desire to learn. The masseuse begins her work by washing the face gently in tepid water with a fine sponge well soaped with a delicate white soap, sold specially for this purpose. After this a warmer lather is used, and a warmer, till the water is as hot as it can be borne. The face being now thoroughly cleansed and heated, a soft emollient cream which is especially soothing to the skin is rubbed in. The face is now carefully treated by the masseuse, all lines being rubbed in the opposite direction and a gentle friction maintained on the skin. If this work is properly done it tends to restore the muscular power of tissues wasted by illness or any cause, and gives youthful rounded contours where time is beginning to write tell-tale lines. The face is now rinsed in water scented with violet water to remove every particle of grease. It is then steamed by use of a vaporizer with fragrant tonic water suited to the special requirement of the skin treated; and is wiped dry with a soft damask towel. The complexion acquires a fairer bloom during this process.

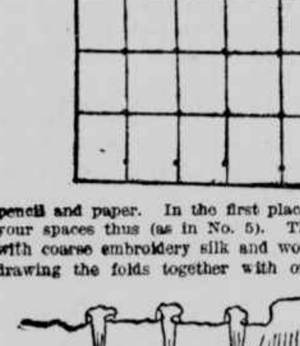
Too many women treat their complexions roughly and are responsible for their taking on in time a rough, leathery texture. Huckaback towels are too rough to wipe the delicate skin of the face; nothing rougher than a soft, absorbent damask towel should be used for this purpose. Our grandmothers always used damask towels, but with the rage for friction towels that took possession of the country a few years ago, these useful absorbent towels went out of fashion, and we began to roughen our skins by using friction towels exclusively. A soft towel costs no more than a rough one. All that is necessary in wiping the face is that the towel be absorbent. The face is the most sensitive part of the body, being covered with a network of delicate nerves, arteries and veins, which readily become congested with heat, cold or fatigue. Nothing relieves the pain from such cause so quickly as face massage. Where neuralgia does not come from a deep-seated cause, it will yield to treatment of this kind.

At this season, when every good housekeeper is cleansing her house from all that bears title to the good old Johnsonian definition of dirt, i. e., "matter out of place" and summarily disposing of all possible germs of bacteria and microbes, she might as well at the same time try her prentice hand at painting and varnishing. These are wonderful fresheners and beautifiers. Any woman may apply the paint brush and varnish brush, or teach her charwoman how to give the last and finishing touch to the renovation of the rooms. If your woodwork is white—which by the way is a great convenience as there are no tints to match—first clean it thoroughly, then with a can of enamel white mixed with an equal amount of turpentine, which will cause it to dry immediately, paint over all places that are stained or discolored. Next have half a tumbler of equal portions of brown shellac and alcohol with its own brush to be used in nothing else. After the hard wood washstands and dressing tables and the rest of the furniture are thoroughly washed, with the diluted varnish brush over the surface. This will at once eliminate all scratches and dry as soon as it is put on. Finally as each room with a stained floor is finished and ready to leave, give the floor a coat of hard oil and turpentine; this gives a very good gloss, has a very clean effect and will take eight to ten hours to dry. It is best to do it early in the morning so that the room may be ready for occupancy by night.

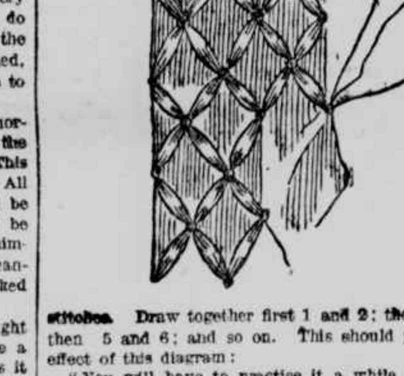
"I wish I could turn out such pretty frocks as you do," said a young American mother, watching the deft

fingers of an English friend which were rapidly fashioning a charming little "smocked" frock of pale blue soft China silk destined to adorn the blond beauty of the latter's little daughter.

"Nothing could be easier to do," said the other. "Just before I came over they were smocking everything in England—blouses, waists, shirts and children's clothes in every variety. It is very easy to do, and I will show you the process if you will give me a



pencil and paper. In the first place, you must mark your spaces thus (as in No. 5). Thread your needle with coarse embroidery silk and work from the back, drawing the folds together with only two or three



stitches. Draw together first 1 and 2; then 3 and 4; then 5 and 6; and so on. This should produce the effect of this diagram:

"You will have to practise it a while on a bit of calico; but after you have got your hand in you will find it very easy and it will go rapidly. Its beauty will consist of the evenness and elasticity of the work."

Home-made pate de foie gras is a most palatable and excellent addition to the table, and is prepared in the following manner, this receipt by the way being taken from the manuscript book of a very notable housekeeper who has stores of valuable information appertaining to domestic economy:

Take one calf's liver, one calf's tongue, one can of mushrooms, and truffles to taste. Grate the liver after it has been boiled and chop the tongue together with the mushrooms. To this mixture add one cup of rich cream, one cup of melted butter, the heart of an onion chopped very fine. Season to taste with pepper and salt, Worcestershire sauce and catsup. Mix the whole well together and press in oiled tins. This concoction is really delicious, and can be improved by being jellied into calf's foot jelly with slices of lemon and egg.

Another tested receipt from the same book is one for stuffing peppers:

Chop very fine chicken, veal or tender beef, to which add hard boiled eggs also finely minced. Mix the whole with a mayonnaise dressing. Add a few chopped chow chow pickles, and after seasoning with pepper and salt to taste, place in the peppers.

There are many people of taste who cannot afford to buy oil paintings or even water-colors of value and must depend largely upon "black and white" for decoration of their walls. Fine original proof etchings such as persons of refined taste would desire to purchase are often as expensive as original paintings. There are abundant cheap etchings printed from wornout plates in market; but to any one who values beauty of line these possess little value. It is greatly to be desired that all our best etchers should adopt the practice of many and destroy plates as soon as the prints show signs of being worn. Photographs of masterpieces are open to none of the objections to cheap etchings and are within the means of every one. The photographs of Burne-Jones's pictures taken by a process sometimes called "phatinotyping," reproduce all his best works with the softness of an India-ink drawing. Jules Breton's peasant scenes are delightfully reproduced in carbon photograph by Braun. Among copies of masterpieces there are Italian photographs of the "Madonna of the Grand Duke," which, Ruskin tells us, is the finest of all Raphael's madonnas. These photographs have been pronounced by our best critics to be superior to any engraving of them. There are large photographs of Holbein's "Madonna of the Meyer Family," by Braun, that are admirable. The prices of photographs range according to the size, and, to some extent, according to the shop at which they are purchased. There are quantities of cheap, inferior photographs, which are taken by inferior processes from copies of the great originals, and are shams sure to fade out in time. These are not desirable. What is desirable is a photograph taken by a conscientious photographer from the original picture. The photographs of Braun are taken in this way. The English photographs after Burne Jones are. The Braun pictures are the most expensive, ranging in price from $3 for a small size, fourteen by eighteen, to $6 for the next size, twenty-two by twenty-eight; while the largest size, thirty by forty, is $18. Hollyer's English photographs after Burne-Jones are $3 to $5, according to size. There is a beautiful photograph of the Madonna of the Grand Duke for $12, taken directly from the original.

The best way of framing all these pictures is in wood. In case of a large photograph it is always strengthened by framing it up to the edge, without showing any margin, using an old oak frame in harmony with the tint of the picture.

If you do not wish any odor from a kerosene lamp or stove, do not blow it out. Turn the wick down till it is a blue flame and let it go out of itself. The reason for this is that every kerosene flame generates in burning a little gas, which is consumed when the wick is turned up to its full height. After the light is turned down this gas feeds the flame till it is consumed. If the flame is blown out the odor and presence of this gas is at once apparent.

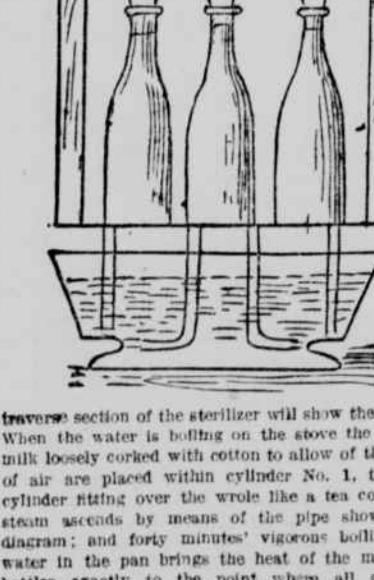
French cooks invariably blanch string-beans—that is, after cooking them tender, they throw them into cold water and let them remain till ice-cold. They are then reheated in sauces of various kinds or used in a salad. When they are used in a salad this is undoubtedly an excellent way, but it seems to us that there must be considerable loss of flavor when beans are thus cooled and then reheated in a sauce. No vegetable requires more exact care than this. The strings of each bean must be entirely stripped from it or the dish is spoiled; nothing is more disagreeable than to encounter these strings in a dish of beans. Do not trust this work to a careless person. After the strings are removed, unless the beans are perfectly fresh, throw them into cold water for fifteen or twenty minutes, or until you are ready to cook them. Fill a porcelain or granite-ware saucepan nearly full of fresh boiling water, add a teaspoonful of salt to the water for two quarts of beans. Cut the beans in inch lengths, unless they are to be served in salads, when they are left whole. Let them boil gently for about an hour and a half to an hour and three-quarters. They must be tender enough to be easily pierced with a straw when done. Beans that have been brought from the South or are not perfectly fresh or are old will require fully an hour and three-quarters' cooking. When the beans are cooked there should be very little water left; drain that off. Mix an even teaspoonful of flour with a teaspoonful of butter; add a cup of milk, and let this sauce boil up for two minutes and pour it over the beans. When they boil up put them in a vegetable dish; cover them and serve them.

The greatest mistake made in cooking string-beans is to boil them too short a time. They should be perfectly tender when done, firm yet of melting softness when eaten. French cooks heat half a cup of rich milk or cream in a double boiler and stir in two egg-yolks, adding about four or five chives and two sprigs of parsley, and continue stirring for five minutes. This sauce they strain over the boiled beans. A salad of string-beans is one of the most delicious of salads. Cook a quart of beans. Do not break them in pieces, but leave them whole. When they are cooked throw them into ice-cold water, and when cold drain them and remove them to a bowl. Make a nice French salad dressing with three tablespoonfuls of oil, a saltspoonful of salt, half a salt spoonful of pepper and two tablespoonfuls of wine vinegar. Mix the oil, salt and pepper; add them to the beans, pour the vinegar over them and toss them as gently as you can to avoid breaking the beans, and serve.

There is nothing more refreshing than the faint fresh fragrance of a properly made potpourri. It is now an easy matter to get a pretty Oriental jar in the orthodox shape for a trifling sum. The fragrance of a well-made potpourri will last for years, but as the scent of the vases sometimes grows faint, housekeepers often make a fresh preparation each year as the rose season arrives. The following is a well-tested rule, which is republished by request: Measure out a liberal half-peck of fragrant rose leaves. Pack them in a bowl in layers with salt, using a small handful of fine salt to three of rose leaves. Keep them five days, turning them twice daily. Do this thoroughly. Add to this mixture three ounces of powdered allspice and one ounce of stick cinnamon. Let this mixture stand one week longer, turning it daily. Now put the preparation into the permanent jar, mixing with it one ounce of allspice, half a pound of dried lavender flowers, one ounce of bruised cloves, one ounce of stick cinnamon, one nutmeg coarsely grated, half a cup of ginger root thinly sliced, half an ounce of anise seed, ten grains of Canton musk, of the finest quality, and two ounces of orris root. Stir all the ingredients thoroughly together, and put them in a jar of suitable size to hold them. At any time add a few drops of attar of rose, or of any essential oil or extract of flowers. Every morning, after airing and brushing out the parlor and dusting it, open the rose jar and allow its fragrance to diffuse through the room. In half an hour's time close it. A delicate, refreshing fragrance will be given to the atmosphere. A portion of this potpourri mixture may be perfectly dried from moisture and used with wool to fill a slumber roll for the back of a chair.

There are very few women who understand how to use soap-bark. It is the very best cleaning material in use. Nothing else cleans a black silk or black woollen dress so satisfactorily. Five cents' worth will clean an entire dress. It may be purchased at any druggists in the city or country, being commonly used by all tailors in cleaning gentlemen's clothes. It may be used to clean almost any dark cloth, but it possesses color enough in itself to be liable to stain a delicate color. To prepare soap-bark for cleaning, pour about a quart of boiling water over five cents' worth of the bark. Let it boil gently for two hours, and at the end of this time strain it through a piece of cheese cloth. Put the liquor in a clean pail. Have ready a smooth board of suitable size, and have the dress to be cleaned all ready, ripped, shaken and brushed free from dust. Lay each piece of cloth one after another on the board, and sponge it thoroughly on both sides, rubbing carefully any specially soiled spots. After all the cloth is sponged, fill a large tub full of cold water, and rinse each piece of the goods up and down in it, one at a time, so as to remove thoroughly the soap-bark. Wring the pieces through the wringer, lay them in a heavy, clean clothes-basket, and when all are rinsed and wrung out, begin pressing the first that were rolled up. Iron them on the wrong side, if woollen cloth, till they are dry or nearly so; then hang them on a clothes-horse to air for at least twelve hours. The cloth should hang in a place free from dust, and when it is put away it will look like new. If the dress to be cleaned is silk, after thoroughly sponging it in the soap-bark, lay it on a clean board and sponge it off with clear cold water on both sides. Wipe off all the excess of moisture you can. Pin the smaller pieces of the silk on a sheet, and hang the sheet outdoors in a shady place, where no sun can reach it, or throw the sheet over the clothes-horse. Silk prepared in this way looks very nice. It will need a slight pressing on the wrong side when it is made up to make it perfectly smooth.

Quite a new feature in the medical treatment of the diet of a delicate child is the "sterilization" of the milk; this process, the physicians claim, eliminates all that might possibly be hurtful in milk, destroys all germs, acts as a perfect preservative, and has the great advantage of making all milk assimilate equally well, which, particularly in travelling, is of estimable advantage. The ingenious and simple contrivance by which this is done consists of two cylinders placed, one over the other, over a pan of boiling water. A



traverse section of the sterilizer will show the principle. When the water is boiling on the stove the bottles of milk loosely corked with cotton to allow of the passage of air are placed within cylinder No. 1, the second cylinder fitting over the whole like a tea cosey. The steam ascends by means of the pipe shown in the diagram; and forty minutes' vigorous boiling of the water in the pan brings the heat of the milk in the bottles exactly to the point where all germs are killed; the nutritive value of the milk is unimpaired. For children that suffer from indigestion or from those who are obliged to change their milk through travelling this little machine is invaluable.

A "Washington Cook-Book," containing practical autographic recipes by Mrs. Benjamin Harrison and most of the leading ladies of Washington society has just been published by Dillingham. It is a pleasure to find a cook-book containing so many really valuable recipes as this. Each lady has furnished a sample of the best of her cuisine. There are recipes for making soups, for cooking oysters and fish, for roasts, game, bread, entrees, omelets, salads, desserts—almost everything that is likely to be done in the kitchen. The President's wife heads the list for an autograph recipe for "clear soup." It reads thus:

Four pounds of juicy beef, one knuckle of veal, two small turnips, two small carrots, one soup bunch, one pod of red pepper, two small onions, six quarts of water. Boil the soup six hours. Strain it through a sieve, let it stand over night and congeal; then skim off the grease and put it into a kettle to warm, and add sherry or Madeira wine to the taste.

Mrs. Thomas B. Reed gives an excellent recipe for baked chicken. Here is a delicious fruit pudding from Mrs. Philip H. Sheridan:

Line a mould with slices of sponge-cake, then put in a layer of fruit, strawberries, raspberries, blackberries, currants or ripe pineapples torn into bits; rich, tart, ripe fruit is the best. Put just over this a layer of hot custard, then a layer of cake, and another of fruit and of custard till the mould is full. Put it away to get cold and firm, and serve when turned out of the mould with sugar and cream. For the custard bring to the boiling point in a farina kettle a pint of milk, add an ounce and a half of dissolved gelatine, the yolks of four eggs and four ounces of sugar. When the custard has thickened (be sure it does not curdle) take it off the fire and stir in half a pint of cream and the juice of a lemon.

Three gentlemen, the Hon. Thomas F. Bayard, Captain Thornton and Senator Pierce, of North Dakota, give instances of their culinary skill. Ex-Secretary Bayard's terrapin stew is said to be a celebrated dish among his friends. This is the rule:

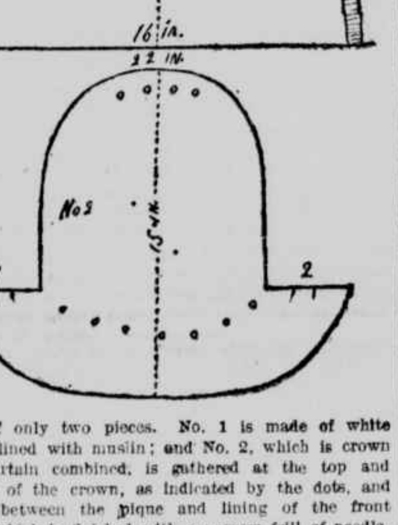
Take two "counts" and boil them in the shell. After allowing them to cool remove the shell, take out the gall-bladder, and cut the terrapin in good-sized pieces; put in a chafing dish and add a small cupful of rich cream, half a pound of butter, and a couple of wine glasses of sherry or Madeira. Most epicures prefer Madeira because of its richer flavor. No one has ever tasted terrapin prepared after this recipe that is not a convert to its excellence.

Mrs. John Wanamaker sends an uncommonly good recipe for lobster salad; Mrs. William Windom recipes for "Shakespeare Cake," "corn patties" and other dishes. Mrs. William H. H. Miller, Mrs. Noble, Mrs. J. M. Rusk, Mrs. John J. Ingalls and Mrs. John H. Sherman and the wives of many other statesmen contribute to make this book attractive.

There is no prettier head covering for a child in the summer than a fresh white sunbonnet. Tied under the hair at the back, instead of under the chin, and put on with a little cock, as it were, they are very becoming, and at the same time afford good protection to the head and eyes. Made of gingham to match the

dress, they have a very dainty and fresh effect, but the usual way to make them is of white pique and muslin combined.

The pattern is, as you see, a very easy one, and con-



sists of only two pieces. No. 1 is made of white pique, lined with muslin; and No. 2, which is crown and curtain combined, is gathered at the top and bottom of the crown, as indicated by the dots, and sewed between the pique and lining of the front piece, which is finished with a narrow frill of needlework. The bottom of the curtain has simply a hem and the strings and bow for the top are of hemmed strips of the white muslin. If preferred, the front piece can be corded.

An outdoor table is a most useful piece of lawn furniture, and the accompanying diagram shows an extremely simple and pretty way of making such a convenience. The square top is held up by four

boards crossed at each end and held in place by a cross stick which passes through the cross pieces, and is fastened with a wooden bolt.

In "riding to hounds" the leading hounds should be watched, and when they turn, right or left, the rider should turn too. Ploughed ground must be taken slowly; two heavy fields might settle your hunter for the rest of the run; and if fences must be jumped in them they should be taken quietly. Learn to be handy with your gates, and your horse should be taught to obey the leg as well as the hand, and you should go through a gate, if possible, rather than jump it.

There is an art in falling, but it is hardly worth while to discuss that part of the day's amusement, as written rules would hardly be applicable at such a moment. The other simple directions may be of some use. There can be no doubt that the out-door "sports" which have been so greatly developed in this country of late years have been largely beneficial to our young men of leisure. Nothing that produces nerve and muscle should be underrated.

Genuine skill can be exercised in scrubbing as in everything else. After the carpets or rugs are taken up, unless the floor is of hardwood, oiled or finished with shellac or wax, it should be scrubbed. The first process before scrubbing is thoroughly to sweep the room, removing every particle of dirt that a hair broom will brush up. Abundance of hot water and "sal soda" are very desirable for this purpose. It is always best to have two pails in use at a time, one containing the soda and water for scrubbing, the other clear water for rinsing the floor. Let the worker scrub a space of about a yard square, then rinse it off carefully with the clear water and so proceed till the floor is cleaned. It is very essential that scrubbing should be done with the grain of the wood, not across it. A blunt pointed nail or peg of wood should be on hand to pull the dirt out of cracks. There are a number of good preparations for cleaning sold at the grocers, but nothing is better than simple washing soda. If the floor is old and there are large cracks between the boards it pays to fill them in with plaster of Paris or putty after cleaning the floor. After scrubbing a room it should be left at least twenty-four hours to become thoroughly dry before putting down the carpet or matting. Leave the window open while the room is drying to keep up a circulation of air. Linoleum may be scrubbed like an oilcloth in water in which a little ammonia has been dissolved; about a tablespoonful to a gallon of water is sufficient. Rinse it off after scrubbing it and dry it thoroughly. The very best way to treat linoleum, however, is to oil and wax it exactly as a hardwood floor is treated, only using a rather thinner preparation. In this case the linoleum cannot be scrubbed.

Nothing is more satisfactory in cleaning glass globes than a little turpentine mixed in the water. Mirrors and window glass can be cleaned in the best manner with a little turpentine and water followed by a paste of Spanish whiting which should be polished off with a soft flannel cloth or dry chamois skin. Bathtubs should be regularly polished every week and if this has been done, and they are regularly rinsed after use, they will need no special attention at housecleaning times; but if on the contrary they have been neglected it will require considerable patience to make them right. As a number of good housekeepers who have moved into houses which have been kept by poor housekeepers will be compelled to struggle with this problem, it is well perhaps to say a word on the subject. If the bathtub is rusted or beyond brightening, the best way to treat it is to enamel it with a good English enamel such as comes for this purpose. In order to do this the tub must be thoroughly cleaned and polished smooth and dry before the enamel is applied.

THE WIFE'S ART.

VII.

LETTERS TO A YOUNG HOUSEKEEPER.

THE PREPARING OF RAGOUTS—SALPICONS—WHITE AND BROWN SAUCES.

(BY MRS. BAYARD TAYLOR.)

There is one branch of cookery which I might call the flower of the culinary art. This is the making of ragouts and their attendant sauces. An ordinary cook has not the faintest idea how to produce them; it requires both taste and study to achieve success in this line. I want you to devote your best mind to the production of ragouts and sauces, since they may be adapted at the same time to the requirements of a luxurious dinner and of a modest one, as I am going to show you. Suppose you have a remnant of chicken left too insignificant to put on the table either cold or warmed up. Take it, every scrap of it, except the skin, and cut it in tiny pieces—squares if possible. If the liver has been saved, so much the better; cut it in tiny squares likewise, and set both aside. Now make a thick white sauce (of which later) which you flavor with some anchovy paste as large as a pea, and a sprinkle of lemon juice. With this sauce you mix your meat. Then pour a teaspoonful of olive oil in a saucer, brush it over the inside of some scallop-shells (one for each person), fill the latter with your ragout, which must be quite hot, sprinkle some dry bread-crumbs over it, and then some grated cheese. Put a few flakes of table-butter on top of each; place the shells in a sheet-iron pan, and brown them in a quick oven, which will take about five minutes. They must be watched, lest the ragout dries up. Serve the shells immediately, over a folded napkin, on a china dish.

They make a nice appetizer when eaten between the soup and meat-course, and they furnish the best and nicest way of using up meat as well as fish.

Now you can take the same recipe and, for a special occasion, turn it into a

SALPICON ROYAL.

Cut into small dice the breast of chicken, some sweetbreads and mushrooms, all cooked beforehand; add a bechamel sauce, in which some crayfish butter has been melted; pour this mixture either into shells of pastry or small paper cases, and serve hot. Or, more luxurious still, prepare a

SALPICON A LA CONDE.

Take equal parts of prepared sweetbreads, the reddest of beef tongue, the blackest of truffles; cut them into small dice, and moisten well with a thick white sauce flavored with lemon juice and mushroom.

The term "salpicon" is generally applied to a "ragout fin," the ingredients of which are cut into fine squares. A ragout always requires a savory or piquant sauce, and mostly is composed of mixed materials, which, however, have to be so assorted that they blend harmoniously. The greatest care must be bestowed on the sauce which completes the whole. It is either a brown or a white sauce, according to the solids used. If remnants of cooked beef, mutton or venison are to be turned into a ragout, a brown sauce is required; for veal, poultry, fish, etc., a white sauce is needed. The foundation of a sauce is flour and butter mixed, which is called a roux. The proportions are one spoonful of butter to one spoonful of flour. Melt the butter, mix it with the flour, and stir over the fire a few minutes only if the sauce is to be white. Do not allow it to take color. For brown sauce, set this mixture back of the stove until it turns to a rich brown. Stir it frequently, and do not allow it to become attached to the bottom of the pan (one of sheet-iron is best) or to get black in any part. Now, to get the consistency of sauce, add to the "roux" the liquid required. Add it lukewarm and little by little, stirring all the while in one direction; thus you avoid getting lumps. When properly thinned, stir over the fire until it begins to boil; then set it on the side of the stove and allow it to continue boiling gently until the flour is cooked, which will be in about fifteen minutes. To keep the mixture for use later in the day, put it in a saucepan with tight-fitting lid, which you place in an open pan filled to reach three-quarters up the saucepan with boiling water. This you put on a place where the latter will keep boiling hot, but not boil. The liquid to be added to the "roux" varies as to the sauce to be made. A white sauce requires either a clear, mildly flavored veal or chicken broth, or it is made with milk and cream, sometimes with the addition of an egg. A brown sauce ought always to be more or less piquant; the broth used may either be of beef or from scraps and bones of dark meat, flavored with spice, onions, pickles, or other accessories of the kind.

Professional cooks keep "stock" on hand for the making of sauces, but this is far too expensive a way for you and me. The contents of the soup-pot are all we need, and by adding afterward to the above white or brown sauces the condiments needed to suit the kinds of food it is to accompany or form a whole with, we can make with ingenuity as good a sauce without stock as the best of professional cooks can with stock. A brown sauce, however, can always be improved in looks as well as in regard to its nourishing qualities by adding to it at the last moment some of Liebig's extract.

With the plain white and brown sauce you can manage to produce pretty nearly any kind of sauce that you will need. If you wish to serve some slices left from cooked beef, mutton or tongue, the following is a good recipe for a

BROWN RAGOUT SAUCE.

Prepare your sauce in the way demonstrated, then add one onion, one bay-leaf, one clove, four allspice, six black pepper-seeds and a bouquet of parsley, and summer savory or sweet basil, and continue to let it boil gently for half an hour longer, stirring it from time to time. Strain it through a wire sieve, and half an hour before serving add some lemon juice or a little vinegar, and either capers, slices of pickled cucumbers or mushrooms—or if preferred all three of them. At the last you add the meat, which must be fully covered with sauce. Cover it up tight and place it over boiling water, where the meat will get heated and blend with the sauce without coming to a boil. Cooked meat heated over must never boil, or it will get tough.

Of white sauces the bechamel is the most useful. The original one, invented by Louis XIV's famous chef, M. Bechamel, is a very elaborate one, of which there are many descendants of high and low degree. The latter, however, are by no means to be despised. I have, in fact, a special fondness for the following one, which I recommend to you for its simplicity, tastiness and wholesome as well as nourishing properties:

PLAIN BECHAMEL SAUCE.

Make a roux as for white sauce, substitute milk for broth, add one onion, a flake of mace and a bunch of parsley. Let boil for fifteen minutes, then strain.

This is a very good sauce for poultry, sweetbread and ham, and also for certain vegetables. For a ragout or a salpicon, take but half milk (or cream) and half-veal or chicken broth, add to it one onion, half a slice of raw ham cut in squares, a few white pepper-seeds, the peel of one quarter lemon; allow it to boil for half an hour, when strain and flavor with lemon juice.

To this sauce, as to any other, you may add any accessory which serves your purpose, if you merely take care that nothing incongruous enters into your dish. I use it for a

MIXED RAGOUT IN A PASTRY SHELL (VOL AU VENT).

Take two calves' tongues; boil them in your soup-pot. When done peal the skin, and trim off the roots. Prepare one or two sweetbreads in the following way: Wash them well, put them in a saucepan, cover with cold water, let them simmer—not boil—for one hour until they are well blanched. Meanwhile put water on to boil in another saucepan, and throw into the boiling water the blanched sweetbreads; let them boil for a few minutes, removing the scum which rises; then put them into cold water, and after they get cool take them out and trim off the skin and cartilage. Both tongues and sweetbreads are now ready for use. Cut them into slices and put them into the above sauce, which must be rather thick; keep hot over boiling water. Add some mushrooms, either canned or fresh. The latter are best, and have to be cooked beforehand in this way: Peel them carefully, and cut away with a small pointed knife the pinkish under side, melt some butter in a saucepan, when hot throw in your mushrooms, add a large slice of onion, a few white pepper seeds, and a tablespoonful of lemon juice or mild vinegar. Cover up and allow to stew, shaking the contents every little while. They will be done—that is soft—in about five minutes, and ready to be added to the ragout with their strained liquor. If you wish to make this ragout first-rate, you add at the very last some force-meat balls boiled in broth. Serve the whole in a shell of pastry, with a cover of the same, which you can order of a baker or confectioner, heating it in the oven for five minutes before use.

You can also dress the ragout thus inside a rim of croutons: Take slices of stale bread, cut off the rind, shape it either in square, triangular or circular pieces, throw them into boiling lard until they are of a deep yellow, when remove them to a piece of blotting paper to drain off the grease. Have ready a mixture of white of egg and flour, by means of which you fasten the lower edges of the croutons to the rim of your dish (which must be slightly warm) so as to form an inclosure for the ragout to be poured and served in.

You may also serve a ragout in either a rice or a potato rim; this is, however, a somewhat tedious process. I therefore prefer for a change to make a rim of boiled rice in a plain way, by boiling the rice until quite thick and soft, then filling it hot into a well-buttered ring-shaped mould made of tin. Now, by pressing the rice down, it can be turned out on a warm dish, and is ready at once to be filled with anything you please.

I have been writing at length on the subject of these mixed dishes, because I consider them a very valuable chapter in cookery. Far from being unwholesome if composed of wholesome food, they, on the contrary, are apt to tempt even a delicate and dainty stomach, and by their nutritious contents to benefit a reduced system. Then what a field for invention these dishes are, and with what comparatively small expense they furnish the showiest and most palatable entrées for a company dinner!

In the matter of sauces I call your attention to some cold ones which are very useful for serving with both cold and warm meat. They also have the advantage of keeping for days after they are made. The simplest is the

MAITRE D'HOTEL SAUCE OR BUTTER.

Take four ounces (four tablespoonfuls) of the freshest butter, and either one teaspoonful each of minced parsley and taragon or, if the latter can't be had, two teaspoonfuls of parsley. Beat the butter with a wooden spoon, mixing well with it the minced herbs, and adding gradually the juice of one lemon. Add a little salt if the butter is not much salted already—or add a flavor of anchovy paste, which gives an agreeable piquancy to the butter. A spoonful of this butter heaped on a broiled steak or fish is very good. It can also be used as a beautiful garnish for a dish of either meat or fish by putting as many small egg-shaped lumps of this butter as there are persons inside of curled lettuce-leaves; place them here and there on the edge of the dish.

An excellent appetizer, when desirable, is the

SAUCE TARTARE.

Chop very fine two shallots, mince also some taragon and chervil, and mix with one heaped teaspoonful of French mustard and the yolks of two eggs, to which add one teaspoonful of vinegar, one tablespoonful of oil, a little white pepper and salt, stirring all the time in one direction. If you notice that the sauce begins to curdle, add a little more vinegar. Taste to see whether it is sufficiently salted; if too much salted, remedy this by adding a little more mustard and oil.

This is Alexandre Dumas's recipe.

A more pretentious sister to our excellent mint sauce is this:

HERB SAUCE (SAUCE A LA RAVIGOTE).

Chop fine equal parts of chervil, pimpernel, watercress, chives, parsley and taragon. Mix with them the hard-boiled yolks of two eggs, add one scant tablespoonful each of French mustard and oil, a teaspoonful of vinegar, some white pepper and salt, and stir for half an hour.

I do not mention the sauce mayonnaise; I will come to it when I speak to you about salads. For the present you have quite enough matter to try your hand on. But let me advise you before I close this letter to use for your sauces always the best of butter; otherwise all your trouble will be taken in vain. I have for that statement, outside of my own experience, such an authority as Gouffe.

IN THE WILDERNESS.

HOW A MAN RETIRED FROM THE WORLD.

Many people, especially Englishmen, imagine that the raison d'etre of all our Western towns is entirely our incessant pursuit of the almighty dollar. "They all begin with a few shanties and a drinking saloon," said an uncomplimentary transatlantic friend the other day, and it must be admitted that many of them have no better origin, and perhaps the exceptions only go to prove the rule; but there are two towns on the bluffs of the Mississippi that deserve to have their romantic and unmercenary source chronicled. Many years ago—before our Civil War—a couple of adventurous Englishmen, with an American friend, decided to spend several winter months in the lands of the far North in pursuit of the game of those latitudes. Their plan was to join the Red River traders on their annual expedition in search of furs and skins, and to stay with them until they worked themselves southward again. The trip promised any amount of novelty and unlimited sport, and after fully providing themselves with all easily transported necessaries they arrived at the place of rendezvous in Minnesota—which was then in its primeval wildness—just too late. The traders had for some reason left a week earlier than usual, and it was quite hopeless to try and follow them without a large escort. Greatly disappointed, they lingered in the vicinity without forming any satisfactory plans to compensate them for their lost opportunity, and finally their desultory wanderings brought them to the banks of the Mississippi. Every one who has travelled up the beautiful clear stream which is so distinctly different from its turbid and muddy condition after its union with the mighty tide of the Missouri will remember the romantic and beautiful spot where the river enlarges itself and forms the exquisite little sheet of water known as Lake Pepin, which is surrounded by the overhanging bluffs of Minnesota on the one side (which from their heights stretch away into illimitable distances of rolling prairie-land), and the dense forest of Wisconsin on the other, both coasts being then in all the savagery of their original state and peopled only by the dusky aborigines. At the end of the lake under a high cliff on the Minnesota side the river resumes its narrow boundaries and here the friends fell in with a tribe of Indians and made a strange acquaintance. Their interpreter told them that several years before a white man had taken up his residence with them, adapted himself to their manners and customs, and had finally married the eldest daughter of their chief, and was then living in a somewhat isolated state a little apart from their village.

Our travellers naturally felt a good deal of curiosity concerning the man of their own race who had thus voluntarily renounced civilization, and who was, as they gathered from the talk of the Indians, of different fibre than the rougher sort of frontier men. They therefore lost no time in making his acquaintance, and found the recluse to be a man of culture and breeding who for some reason had become sick of the world and had betaken himself to the wilds, leading a not unhappy life with his Indian "princess" and her children. Although this is a true narrative, and the name of the "white chief" is of historical value, inasmuch as he gave it to his settlement, which is now a flourishing town on the site of the Indian encampment, we do not feel quite at liberty to give it, knowing how many inaccuracies may occur in twice-told tales. But our informant, who was one of the party of three, told us all this and much more. They were received by him with the greatest hospitality and spent many happy weeks in hunting with snowshoes over the broad prairie and leading comfortable lives in the warm skin wigwams, which the pure dry cold of those latitudes, intense although it was, nevere penetrated. It was an experience to remain ever green and fresh among their happiest memories.

The years rolled on, and our great Civil War absorbed all the thoughts and energies of daring spirits. The Englishmen had long since passed out of the ken of our young American, who served with ability and distinction throughout the long years of conflict. Never, however, did he forget the picturesque region on the banks of the great river, or the ever-to-be-remembered experience in the encampment of the Indians, and after peace had been declared, and he was once more his own master, he felt drawn by an irresistible attraction back to the scene of his old adventures. Here naturally he found many changes; the dusky little children of his hospitable entertainer had become fine young men who had had all the best advantages of the Canadian colleges. The wigwam had become a comfortable and ample house, the "princess" an easy-going and well-dressed matron, and the encampment a town. Further down the river, however, the wilderness was unbroken, and there General —— purchased an extensive tract of bluff land and prairie land and founded the pretty village which overhangs Lake Pepin and has been christened by the old French name of Frontenac. Under the wise and loving policy of Bishop Whipple the Indians and the whites are treading together the paths of civilization and doubtless there will be many in the days to come who, like the Roanokes of Virginia, will be proud to trace back their lineage to the original lords of the soil.

HE DREW THE LINE THERE.

From The Detroit Free Press.

He knocked at the kitchen door and it was opened by the lady of the house in person.

"I beg your pardon, lady," he said humbly but politely, "can I get a little something to eat here?"

"Certainly," she said, taking him into the kitchen, and setting him down to a very fine free lunch, which he proceeded to demolish.

In the meantime the lady had taken in his apparel, from his battered hat to his ragged shoes.

"Possibly," she suggested kindly, "some little addition to your wardrobe might be acceptable."

He looked down over himself and picking up his hat from the floor examined that also.

"Well, lady," he replied, patting his hat on the table, "I am sure such an addition would be appreciated."

She went out and in a few minutes returned with a pair of yarn socks.

"Here," she said, "take these."

But he made no signs of acceptance.

"Madam," he said, getting up and reaching for his hat, "my clothes and my general appearance may have led you to believe that I was of the people, by the people and for the people as against old parties, monopolies and trusts, and, madam, you are not entirely wrong, but your zeal has led you astray, madam; I am not Jerry Simpson. Good morning." And as he passed out of the kitchen door he kicked the cat over the grape arbor.